

Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



Air Power
Quote of the Week

“To obtain mastery of the air, and to keep it, means fighting for it.”

—Hugh Trenchard

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Aug. 30, 2002



Photo by Dave Niebergall

Col. Daniel P. Woodward takes the 47th Flying Training Wing guidon from Maj. Gen. James Sandstrom, 19th Air Force commander, during the change-of-command ceremony here Aug. 23.

Woodward takes reins of 47th FTW

By Senior Airman

Brad Pettit

Editor

Col. Daniel P. Woodward assumed command of the 47th Flying Training Wing in an Aug. 23 change-of-command ceremony here.

Maj. Gen. James Sandstrom, 19th Air Force commander, who presided over the change of command, described Colonel Woodward as a person who exudes excellence. General Sandstrom also assured the audience – comprised of airmen, civil service workers and citizens of Del Rio – that under Colonel Woodward’s command, Laughlin would continue to excel and foster the relationship that exists between the base and community.

Before coming to Laughlin,

Colonel Woodward served as the executive officer to the commander of Headquarters Air Education and Training Command. The colonel has also served as an instructor pilot, flight examiner, wing inspector and squadron and group commander throughout his 22-year career.

Colonel Woodward holds a bachelor’s degree in aeronautical science from Embry-Riddle University and a master’s degree in business administration from Mississippi State University.

His awards and decorations include the Meritorious Service Medal with three oak leaf clusters, Air Force Commendation Medal with one oak leaf cluster, Air Force Achievement Medal with one oak leaf cluster and the

Air Force Combat Readiness Medal.

The colonel is a command pilot with more than 3,000 hours in the T-37, T-38 and FB111 aircraft.

In his speech following the change of command, Colonel Woodward recalled his very first assignment – Laughlin – and remembered the feelings he had after learning he would return here to command the 47th FTW.

“When I came here for my first tour, I found a community that understood the heritage and importance of Laughlin,” he said. “I found the strongest military and community bond that I had ever seen. And I found a community that truly

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Wing commander changes uniform policy

By Airman Yvonne Conde

Staff writer

Col. Daniel P. Woodward, 47th Flying Training Wing commander, implemented a new uniform policy effective immediately for Laughlin servicemembers.

The policy helps to standardize the uniform across Air Education and Training Command, as well as keep personnel cooler during the summer temperatures, said Maj. James Payne, 47th Flying Training Wing director of staff.

After the request for a new uniform policy was generated through a meeting with the Top 3 and agreed upon among group commanders,

Colonel Woodward implemented new uniform guidelines for Laughlin servicemembers.

Monday will be recognized as Airman Day with all personnel wearing utility uniforms, i.e. BDUs or flight suits. Any authorized combination of blues will be the uniform of the day for Tuesday through Friday, with the exception of those members whose daily duties require the wear of utilities.

“My hope is for all members to be more comfortable and able to do their jobs better,” said Colonel Woodward. “Regardless of whether the uniform is a flight suit, blues or BDUs, it is important that we wear our uniform with pride.”

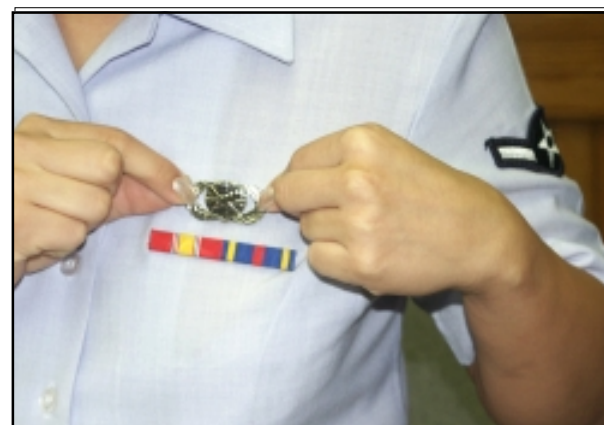


Photo by Senior Airman Brad Pettit

The new Laughlin uniform policy requires base servicemembers to wear utility uniforms on Monday and any legal combination of blues on every other week day, unless utilities are required for duty.

The inside
Scoop

Viewpoints:

The 47th Flying Training Wing commander introduces himself to the people of Laughlin Air Force Base.

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Countdown to ORI:

14 weeks



Commanders' Corner

By Maj. Michael Claffey
47th Contracting Squadron commander

Leadership: Every word, action counts

One of the first things you learn when you assume command of a squadron in the Air Force is how you will be living in a “fish bowl” or a “glass house.” In other words, with the title of commander by your name, suddenly other folks are very interested in how you act and what you say.

On the surface, this is a daunting thought. I am reminded of this newfound visibility at times such as a family road trips to San Antonio when my 3-year old little girl needs to “go potty” on the side of the road because we are miles away from the

nearest public restroom.

As I thought more about this increased visibility, however, I began to realize this could be a blessing rather than a nuisance. In fact, being a commander with such visibility is an exciting opportunity to be a “role model” and “shape” our future leaders. I embrace my responsibility to leave a lasting legacy.

During World War II, General Eisenhower wrote that “the exact level of a commander’s personality and ability is always reflected in his unit” and ultimately “how infallibly the commander and unit are almost

one and the same thing.”

For some of us having a number of personnel who are our mirror images running around could be a scary thought. Except, we have a blueprint to follow – our Air Force core values. If we embody these values – Integrity First, Service Before Self and Excellence In All We Do – the leaders we groom and leave in our place will exceed even our highest expectations.

So, when you see me in my fish bowl, I hope you will be proud of contracting and the military and then want to emulate what you see.

Drunken driving: *It can cost your career, family, life*

By Airman 1st Class
Johnny Thompson
Air Force Print News

On April 27, 2001, I got a DUI (driving under the influence charge).

I started my evening by drinking with some people in the dorms for a going away. I later went to a local club off base for an hour or so and left about 2:30 a.m. It was raining hard, and I was halfway home when I ran through a water puddle and my car veered to the right. I overcorrected to the left and my car flipped over three times and ended up on the other side of the road in a field upside down.

All I could think about was my wife and kids. I was trapped inside my car, the power was off, and for a minute I thought my windows were rolled up. I realized the back window on the passenger side was down and I was able to crawl out.

Thanks to God I didn’t have a scratch on me. I remember talking to someone who has a friend, who had an accident similar to mine, but he wasn’t so lucky. Since I was under the influence of alcohol my

reflexes were slow, and I just went with the flow. My blood alcohol content was .20, which was more than two times the legal limit.

That one night changed my life. My mistake hurt my career and my family. I received an Article 15 and my commander punished me by taking a stripe. I also was given 30 days extra duty and a reprimand.

It will be a long hard process to

keep my career and family in a positive shape, but I will do everything I can to get back on my feet. It took an incident like this for me to really think about my life.

In my situation I simply quit drinking. Be responsible, use common sense, and listen and learn from my experience, and hopefully my story can save your career, and most of all someone else’s and your life.



Photo by Senior Airman Brad Pettit



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Submissions can be e-mailed to:
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***“Excellence –
not our goal, but
our
standard.”
– 47th FTW motto***



DEPARTMENT OF THE AIR FORCE
AIR EDUCATION AND TRAINING COMMAND

MEMORANDUM FOR 47TH FLYING TRAINING WING

FROM: 47 FTW/CC

SUBJECT: ARRIVAL AT LAUGHLIN

As I begin my tour in command of the 47th, I want each and every one of you to know that I am truly honored to be a member of Team XL. As one of just a handful of pilot training wings in our Air Force, Laughlin plays a vital part in preserving the strength that makes us respected in peace and decisive in battle. As we prepare to pause and reflect on the cowardly attack that took the lives of 3,000 Americans in the fields of Pennsylvania, on the streets of New York and in the halls of the Pentagon, there should be no doubt in your minds that your contribution to the defense of our country matters.

We are a great nation that stands for freedom and liberty in every corner of the world. Whether you wear a uniform or support those who do, you share in the responsibilities that accompany being a beacon of hope to the people of the world who live in oppression, despair and misery. And to those cowards who wish to export their brand of terror, you stand side-by-side with Americans and allies throughout the world and say simply: “not on my watch.”

Today, together at Laughlin, it is our watch. We are a team with a mission as important as any in the Air Force. We are part of something bigger than ourselves and we must hold up our end of the effort. And I know we will!

If first impressions are any measure, the men and women of the 47th are phenomenal. I thank you for making me feel welcome, and I commend your drive, energy, professionalism and polish. I know you will give 100 percent toward meeting our mission, and I appreciate it.

Laughlin has a long history of contribution to American and allied military might. For nearly 60 years, through World War II, Korea, Vietnam, the Gulf War, Kosovo, the Cold War and now the war on terrorism, the men and women of Laughlin have traded blood, sweat and tears for victory.

Our job, then, is to consider the sacrifices of those who have gone before us and carry on so that they will not have given in vain. We will do this by refusing to walk by problems, by working to make things better, every single day and by living with a shared set of values – integrity, service and excellence. We will do this as a team – Team XL.

I salute your past achievements, look forward to sharing those that the future holds and thank each and every one of you for all that you have done... and all that you will do.

DANIEL P. WOODWARD, Colonel, USAF
Wing Commander

Actionline 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.



Col. Daniel Woodward
47th Flying Training
Wing commander

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Equal Employment Opportunity	298-5879
FWA hotline	298-4170
Hospital	298-6311
Housing	298-5904
Information line	298-5201
Legal	298-5172
Military Equal Opportunity	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

Airmanship

*Intended to help all airmen articulate
the Air Force's vision of aerospace power*

What is a commander, Air Force forces?

A COMAFFOR is the designated Air Force commander presenting aerospace forces to the theater CINC or JFC. The rank of the officer, number of COMAFFORS in a theater, and specific duties of any COMAFFOR can vary. The kind of joint operation can also vary.

Interested in the Air Force? Call Del Rio's
Air Force recruiter at 774-0911.

Vote! *Participate in democracy*

Compiled from staff reports

With the 2002 general election fast approaching Nov. 5, Federal Voting Assistance Program officials are sponsoring Armed Forces Voters Week Sunday to Sept. 7. The week is designed for military installations worldwide to highlight voting issues.

“The objective is to create awareness of the electoral process and to motivate military members to participate in the upcoming general election,” said Polli Brunelli, federal voting program director. “We want to encourage our military members, their dependents, our federal employees overseas and our overseas citizens to be aware of the elections and to exercise their right to vote.”

She said that the 2002 elections cover a third of the U.S. Senate, the entire U.S. House of Representatives, 37 governors and hundreds of local races.

“These are lawmakers who will effect policies that govern our way of life,” she said.

The states govern the voting rules for their residents. The FVAP works with state officials to ease absentee ballot processes. For example, Brunelli said, program officials asked state officials to allow servicemembers deployed in support of Operation Enduring Freedom to receive voting materials by fax machines and to fax in completed ballots.

The agency urges military personnel to contact installation voting assistance officers to learn about what they must do to vote in 2002. All units with more than 25 people also have voting assistance officers.

U.S. citizens residing overseas can visit embassies and consulates and get the same information.

The program launched an education process to teach voting assistance officers what they need to know to help servicemembers. Worldwide, the office sponsored more than 100 workshops, Brunelli said.

She said her office has met with state leaders to ensure that all absentee ballots are in on time, properly filled out and counted.

“We’re working on postal issues as well,” Brunelli said.

Deputy Defense Secretary Paul Wolfowitz signed a memo to the military postal service to ensure that all voting materials are postmarked and cancelled for all deployed vessels and personnel.

Further, military postal service employees will look for voting materials to ensure they are moved expeditiously.

“Laughlin’s goal is 100 percent contact of all personnel here,” said Lt. Col. Ron Stevens, Laughlin voting officer.

“We want to make sure they have the opportunity to register or request absentee ballots.”

Laughlin voting counselors from each unit will contact members within their unit. In addition, information booths will be set up from 10 a.m. to 2 p.m. Tuesday through Friday in the base exchange; from 8 to 10 a.m. and 2 to 4 p.m. Tuesday in the 47th Medical Group clinic and Wednesday at the 47th Mission Support Squadron; and from 8 to 10 a.m. and 2 p.m. to 4 p.m. Thursday and Friday in Anderson Hall.

The Val Verde voter registrar office will have representatives on hand at the BX to assist Laughlin people who want to register to vote within Val Verde County.

For details on Armed Forces Voting Week or absentee voting, log on to www.fvap.gov/.



‘Change,’ from page 1

understood that the price of freedom is not free. I found friendly people, tremendous warmth, hospitality, a beautiful base and a team dedicated to the Air Force mission. Today, all those feelings are back and even stronger than ever.”

The colonel succeeds Col. Rick Rosborg, who left Laughlin to command the 4th Fighter Wing at Seymour Johnson Air Force Base, N.C.

Colonel Woodward thanked Colonel Rosborg for his “outstanding” leadership of the 47th FTW and assured him that his legacy would be remembered here.

“To Rick and Elizabeth Rosborg... thank you for giving me such a tremendous organization,” he said. “I could not have asked for more. Your dedication and leadership will have a lasting impact

on Laughlin and Del Rio for years.”

The colonel also thanked General Sandstrom for giving him the opportunity to command the wing and allowing him to realize a lifelong dream.

“General Sandstrom, I’m honored and grateful that you’ve given me the flag of the 47th,” he said. “You have my word that I will do the very best that I can to carry it forward.”

The colonel then added that he would need the help of all Laughlin people to achieve his goals.

“I know that you will be the driving force behind every success that we achieve,” he said. “And I know we will achieve many things because, from where I stand, I see a tremendous organization. You are the 47th Flying Training Wing; I am proud to be part of your team. Let’s go to work.”

Newslines

Change of command

The 47th Mission Support Squadron will hold a change-of-command ceremony at 2 p.m. Thursday at the Club XL ballroom.

Maj. Donna Mitchell will relinquish command to Lt. Col. Jennifer Graham.

For more information, call 2nd Lt. Kendra Lowe at 298-5487.

ORI preparation

Special Interest Items can be used to gather information on known or suspected problems, to identify specific deficiencies or to confirm that a problem has been resolved. Review your SIIs to determine the degree of compliance with directives, policies and procedures. Expired SIIs should be removed from files.

Promotion ceremony

An enlisted promotion ceremony will be held at 4 p.m. today at Club Amistad.

Promotees and escorts should arrive at 3 p.m.

For details, call 298-5068.

Major select party

Laughlin major selects are throwing a party at 6 p.m. today at Club XL. Free drinks and food will be available.

For details, call 298-5443.

Chapel programs

A number of recurring religious meetings and programs are being held at the Chapel Fellowship Hall.

A women’s Bible study meets at 10 a.m. Wednesday. Children are welcome. The Unity in the Community T.D. Jakes Series is held at 7 p.m. Friday. The Sweet Hour of Silent Prayer is scheduled from noon to 1 p.m. Monday through Friday.

For more information, call 298-1351.

Heritage meetings

A Hispanic Heritage Committee meeting is scheduled for 11 a.m. Tuesday at Club XL.

For details, call Belia Stewart at 298-5291.

The Black Heritage Committee meets at noon the first and third Wednesday of each month in the 47th Mission Support Squadron conference room. Everyone is welcome.

For more information, call Joni Jordan at 298-5914.

Airmen complete two-week beginners' course

Compiled from staff reports

Twenty new airmen graduated from Laughlin's First-Term Airmen Center in a ceremony at the Enlisted Heritage Hall Aug. 23.

The two-week course is designed to transition first-term, first-duty-station airmen from training to

a mission-oriented environment, said Tech. Sgt. Eric Maye, FTAC coordinator.

"FTAC provides a means of in-processing airmen with a solid foundation of base and [auxiliary] training programs and briefings in order to prepare them to become mission-ready airmen in a minimal amount of time," said Maye.

This is accomplished by reinforcing lessons airmen learn in basic and technical training through briefings on various topics such as financial planning, fitness, career progression, dress and appearance and benefits.

"It's an honor to welcome these new airman to the Laughlin family," said Maye.



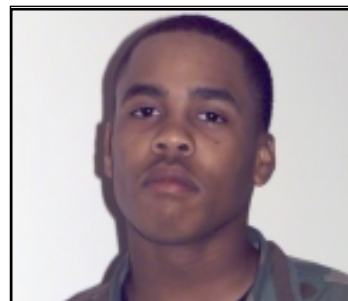
**Airman 1st Class
Randall Neese**
47th Civil Engineer Squadron
(Class leader)



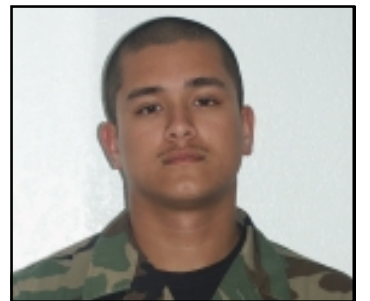
**Airman 1st Class
Daniel Blackmore**
47th Security Forces Squadron



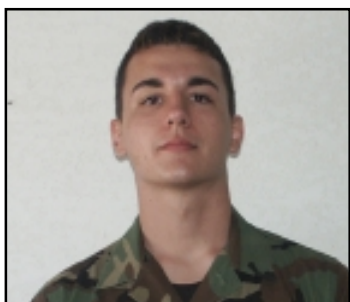
**Airman 1st Class
Jennette Kilgore**
87th Flying Training Squadron



**Airman 1st Class
Marquin King**
47th Security Forces Squadron



**Airman 1st Class
Joseph Mikelat**
47th Operations Support
Squadron



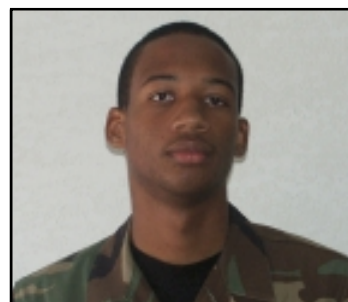
**Airman 1st Class
Ronald Owens**
47th Operations Support
Squadron



**Airman 1st Class
Amanda Springer**
47th Operations Support
Squadron



**Airman 1st Class
Shannon Stoeger**
47th Security Forces Squadron



**Airman 1st Class
Kahron Taylor**
47th Operations Support
Squadron



Airman Basic Erica Arreola
86th Flying Training Squadron



Airman Basic David Duran
47th Flying Training Wing
command post



Airman Basic Nellie Durkee
47th Mission Support Group
services division



Airman Basic Crystal Glass
47th Mission Support Group
services division



Airman Yvonne Conde
47th Flying Training Wing
public affairs



Airman EllaMarie Coons
47th Operations Support
Squadron



Airman Jess Davis
47th Security Forces Squadron



Airman Thomas Flott
47th Communications
Squadron



Airman Quinton Howard
47th Security Forces Squadron



Airman Jennifer Johnson
47th Security Forces Squadron



Airman Valeria Perchina
47th Comptroller Flight

Survivor!

Laughlin sergeant returns home following lengthy surgery ordeal

By Senior Airman
Brad Pettit
Editor

Early assessments report he is the only person in medical history to survive the removal of a large brain-stem tumor and have few side effects afterward – the tumor was the size and density of a baseball. According to his doctors, two surgeries to remove the enormous mass were the longest in Wilford Hall Medical Center history – he spent more than 57 hours under the knife over a period of five days at the clinic’s neurosurgery department. And though claims to medical history are often disputed, one thing is certain: Team XL is lucky to have one of its own back home at Laughlin Air Force Base and well on his way to a remarkable recovery.

Tech. Sgt. Michael Newell, 47th Mission Support Squadron group training manager, and his wife, Diana, had very normal lives only months ago. Like many people across America, they were taking care of Christmas shopping and looking forward to an end-of-year break with family and friends. To the Newells, everything seemed perfect.

But as December wore on, Sergeant Newell began to notice something.

“My vision started going goofy,” he said in a deliberate voice – a product of the facial paralysis that is expected to vanish entirely with time. “So I made an appointment [with the base optometrist] to see what was

wrong.”

Capt. (Dr.) John Mileski, 47th Medical Group optometrist, and Staff Sgt. Jerry Dunn, optometry clinic NCO in charge, began a series of eye tests to find the problem. Expecting to find only a minor problem or none at all, Captain Mileski was taken aback when he peered into the sergeant’s dilated eyes.

“We saw optic nerve swelling,” he explained. “That’s a pretty ominous sign that could indicate pressure inside the brain. If we ever see swelling like that, it is a good indication that some kind of mass may be growing there.”

Believing that Sergeant Newell might have a serious problem, Captain Mileski referred him to Maj. (Dr.) Jasiri Kennedy, 47th Medical Group family practice physician. Major Kennedy’s suspicions mirrored those of Captain Mileski, and Sergeant Newell was sent to Val Verde Regional Medical Center in Del Rio for a magnetic resonance imaging procedure. An MRI is used primarily in medical settings to produce high-quality images

of the human body; in this case, the images were of Sergeant Newell’s brain.

The MRI revealed a baseball-sized mass on Sergeant Newell’s brain stem. Major Kennedy then had to pass on this “bad news” to the Newells.

“I didn’t know how to



Photo by Senior Airman Brad Pettit

Tech. Sgt. Michael Newell, 47th Mission Support Squadron group training manager, spends time working out at the XL Fitness Center. Sergeant Newell, his family, friends and doctors all attribute his ability to survive the medical ordeal to his high level of physical fitness.

tell them,” he said. “I just knew that it would be best to do it in person.”

The doctor called the Newells’ home at 9:30 p.m. Dec. 4 and asked them to meet him at the base clinic. Sensing the late-night call meant bad news, Diana began to worry. Sergeant Newell, however, remained lighthearted and optimistic, displaying his best Arnold Schwarzenegger impression.

“The whole way there, I

kept repeating that line from *Kindergarten Cop*,” he said. “It’s not a tumor!”

Once at the clinic, Major Kennedy broke the news.

“I don’t know what I thought at first,” said Sergeant Newell. “I was frightened and surprised. If people had told me this would happen to me, I would have told them they were crazy. I spent two hours in the gym every day, working hard, lifting heavy weights.”

On Dec. 5, the couple found themselves sitting in the WHMC Department of Neurosurgery at Lackland Air Force Base. And it was there that Maj. (Dr.) Wayne Lee Warren, WHMC Department of Neurosurgery cerebrovascular surgery director, told Sergeant Newell that even though surgery was the best option, there would be some side effects.

“I told him before the surgery that he would definitely lose hearing and [facial] movement on the side of the tumor and probably temporarily lose [the ability to swallow],” he said. “This tumor eventually would have paralyzed or killed him from the pressure on his brain stem. I’ve never seen [a tumor more than] five centimeters in somebody who was alive.” (Sergeant Newell’s tumor was seven centimeters large).

After questioning Sergeant Newell about his symptoms (there were none other than his vision), Major Warren felt the surgery

could be postponed for a few weeks. This would give him time to assemble a surgical team and allow Sergeant Newell and his wife to celebrate the holidays.

“I put him on steroids to decrease the brain swelling and told him to go home for Christmas,” said Major Warren.

Christmas for the Newells, however, was not simply a time of Christmas gifts and pretty wrapping paper.

“He had to get every kind of power of attorney signed,” said Diana. “And you wouldn’t believe how many consent forms I had to sign. I talked to the [Laughlin legal office staff], and they did everything right away. It helped put our minds at ease knowing everything was taken care of.”

With the paperwork completed and the holidays a memory, Sergeant Newell began the fight of his life Jan. 3. The first surgery

See ‘Surgery,’ page 7

'Surgery,' from page 6

continued 30 hours. Major Warren paused only for a two-hour nap to keep his mind fresh.

"After about 30 hours, we were exhausted and only had 40 percent of the tumor out," said Major Warren. "So we decided to bring him back another day to finish it."

The second surgery, following a three-day intermission, continued for 27 hours. It was completed as the sun rose in the West Jan. 8. And though the surgery went better than everyone expected, a steep, uphill battle still lay ahead for Sergeant Newell.

First, the steroids Major Warren prescribed to Sergeant Newell two weeks before the surgery led to a stomach ulcer that ruptured and went undetected for several days.

"He got sicker and sicker, ultimately going into what we call sepsis, where you have so much bacterial toxin in your blood that your body tries to shut down," Major Warren said. That led to kidney failure and dialysis.

Due to Sergeant Newell's kidney failure, he gained an estimated 100 pounds from his pre-surgery weight of more than 240 pounds. Now, his prognosis dimmed.

"We surgeons needed [more] medical help at that point," said Major Warren. "Getting the gastroenterologists and internal medicine doctors to help us take care of him at that time saved his life, and they did a splendid job."

After the ulcer treatment, Sergeant Newell began to shrink back to his original size. However, he soon hit his original weight and fell steadily below it. He would continue to shed the pounds until May, when he was finally able to eat solid food again. At this point, he weighed 165 pounds.

Sergeant Newell was unaware how much his weight fluctuated; he was completely unconscious. He remembers glimpses of friends and family visiting, but it wasn't until April that he fully regained consciousness.

The sergeant had now suffered months of trials and tribulations, but much more was in store for him. The next arduous step: rehabilitation.

"Rehab was grueling," said Sergeant Newell. "It was a hard six weeks. The physical therapists had me going from 8:30 a.m. to 3:30 p.m. I had to learn to walk all over again. I would get up and do lots of exercises. I couldn't move my left arm at all. I had to learn to tie my shoes and everything."

Following rehab, Sergeant Newell was finally able to return home. His wife now remembers his post-surgery state and marvels at how far he has come.

"All [the feeling] in his face is coming back," she said. "He still has a small amount of facial paralysis, but he is getting better every day."

Sergeant Newell also has amazed doctors and journalists. Currently, several publications—including medi-

cal journals—are preparing articles on his experience and documenting the medical facts of his surgery for posterity. One fact that amazes his wife and doctors is that he has experienced very few side effects from the surgery.

"I am expected to make a full recovery," says Sergeant Newell proudly. "The only side effect is that I lost hearing in my left ear. But as long as I can hear out of one, that's fine with me. As far as I'm concerned, it is a small price to pay."

Sergeant Newell continues to recover at home. He exercises at the XL Fitness Center every day and his wife reports he is eating "like a pig" to get his weight back to normal. Sergeant Newell said he just wants to put this behind him and return to work and his normal life.

"I hope I can go back [to work] in September," he said.

While there may be few physical side effects from the surgery, there have been some mental side effects for both Sergeant Newell and Diana. The experiences they've faced over the past few months have given both of them new callings in life. Sergeant Newell said he is an advocate for the awareness of people who may be going through similar situations, and Diana is exploring a career in nursing.

Remembering the trials they recently endured, the Newells say they could not have made it through without the help of many.

"To all our doctors, family and friends... thank you."

Motorcycle safety initiatives announced

By Master Sgt. Michael Briggs

Air Education and Training Command Public Affairs

The commander of Air Education and Training Command has directed all units in the command to adopt several initiatives by the middle of September to curb a sharp increase in motorcycle fatalities.

"Recent motorcycle mishaps and resulting fatalities are indeed alarming and require immediate attention by commanders and motorcycle owners," said Gen. Don Cook. "Simply stated, we must and will do more to prevent this loss of life. Given the scope of the challenge, I am directing commanders at all levels, safety personnel and motorcycle owners to make motorcycle operations a special focus area."

In a letter to commanders, General Cook outlined a three-prong approach to heighten motorcycle safety awareness in the command.

The first initiative is establishment of motorcycle mentorship programs. Under the program, experienced and proficient riders will mentor up to three inexperienced riders. In monthly meetings, they will discuss recent mishaps and causes, personal risk management decision-making, seasonal conditions, local hazards and motorcycle maintenance, according to the general's letter.

In addition, the second prong of the new initiatives calls for circulation of motorcycle read files. The read files will contain information similar to that discussed in the mentoring sessions to further emphasize motorcycle safety. The AETC Safety Directorate has a link on its Web page with motorcycle safety information suited for inclusion in the read files. The motorcycle link is available on the ground safety page on the Randolph restricted domain at <https://www.aetc.af.mil/se2/safety/ground/index.htm>.

The third initiative announced by the AETC commander directs units to establish motorcycle logos or patches to build esprit de corps. The purpose of this initiative is to develop a desire for motorcycle operators to be part of a team and share the responsibility for each other's safety, General Cook said.

In his announcement of these programs, the general said, "No one is picking on motorcycle operators, but the numbers clearly legitimize action."

Those numbers show a trend that has more people on motorcycles than ever before with an accompanying rise in mishaps. As of the end of June, 16 Air Force people have died this year in motorcycle accidents compared to five for the same time period in 2001. In that same time period, AETC lost four people in motorcycle mishaps.

Laughlin's motorcycle safety initiatives will be outlined in next week's *Border Eagle*.

**The Newells would like to thank the following for their support:
Keith and Billie Baber, Paul and Samantha Bogumil, William and
Veronica Jaworski, Maj. (Dr.) Wayne Lee Warren, Maj. (Dr.) Michael
Leonard, Maj. (Dr.) Jasiri Kenndy and Capt. (Dr.) John Mileski.**

Survey offers opportunity to raise concerns

**By Staff Sgt.
A.J. Bosker**

Air Force Print News

About 75,000 Air Force people will have the opportunity to address their quality-of-life concerns when they receive the 2002 Chief of Staff Quality of Life Survey in the next few weeks.

This comprehensive survey, covering eight major quality-of-life priorities, will be sent via e-mail to both active-duty people and civilians, said Charles Hamilton, chief of the Air Force Personnel Center's survey branch at Randolph Air Force Base.

These priorities include manpower, work environment, compensation and benefits, operations and personnel tempo, health care, housing, education and community and family programs.

"I am releasing this quality-of-life survey to get input from our people regarding current Air Force quality-of-life programs and to help us decide which programs or

initiatives we need to pursue in the future," said Air Force Chief of Staff Gen. John P. Jumper. "It's important that people take the time to complete this survey to help me improve the quality of life for all our airmen and civilians."

Approximately 5,000 people will receive the survey each day over a three-week period, Hamilton said.

"We are asking that survey recipients complete the survey within two to three days of receiving the e-mail," he said.

"The survey participants and their feedback will remain anonymous," said Lt. Col. Frank Pombar, chief of the Air Force quality-of-life programs branch at the Pentagon. "The collected data will be compiled and given to senior leaders so they are aware of the concerns in the field and can raise these concerns before Congress during fall defense budget hearings."

Senior Air Force leaders take these surveys very seri-

ously and use the information gathered to develop new programs and initiatives to meet their people's needs, Pombar said. Answering survey questions honestly is key to providing these leaders with the most accurate picture of current quality-of-life concerns, said officials.

Many of the recent quality-of-life initiatives owe their origins to concerns raised in past surveys, Pombar explained.

"I've seen firsthand how past surveys have benefited people at the wing level," Pombar said. "Concerns about adequate housing, fitness centers, base exchanges and child-care facilities have resulted in numerous construction and renovation projects throughout the Air Force."

"I believe people are the Air Force's greatest resource," Jumper said. "This survey is their chance to help me help them and their families."

**Interested in the Air Force? *Call
Del Rio's Air Force recruiter at
774-0911.***

Recycle.

Energy: *New policy makes Laughlin better friend of nature*



Photo by Airman Yvonne Conde

Airman Basic Israel Revuelta, 47th Mission Support Group fitness specialist, adjusts the temperature in the XL Fitness Center Wednesday to maintain set temperature standards.

By Airman Yvonne Conde
Staff writer

Laughlin's new energy policy institutes a three-fold program geared toward conserving the nation's natural resources at home and at work.

The intent of the three-fold program, which consists of education

and awareness, standards and enforcement, and design and procurement, is to make every effort to achieve and exceed the energy reduction goal every year.

In order to reach the goals established by the president to reduce 30 percent of the federal government's

energy consumption by fiscal year 2005 and 35 percent by fiscal year 2010, Laughlin has set its own energy conservation goals, said Capt. Harry Jackson, 47th Civil Engineer Squadron maintenance engineering chief and base energy manager.

Historically, Laughlin achieved or exceeded the yearly energy reduction goal since the federal guidelines were established in 1985. In 2001, however, Laughlin attained a 20.8 percent reduction and the goal was 24 percent. Therefore, to correct the situation, former 47th Flying Training Wing commander, Col. Rick Rosborg, signed a policy implementing a three-fold program and establishing guidelines toward meeting reduction goals in the future.

"The policy was designed to activate commanders, contract project managers, and Military Family Housing residents to get more involved in the energy program," said Captain Jackson.

The base energy manager will lead the education and awareness program, which consists of utilizing a variety of media-type activities to communicate the role all base people

should take in saving energy.

"We need to increase our education and awareness, so we will be implementing more energy awareness programs," said Captain Jackson.

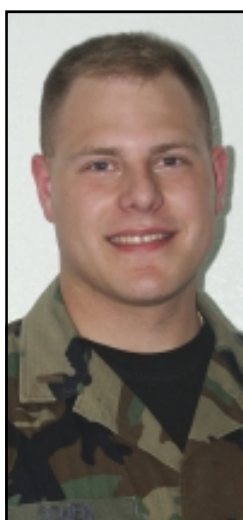
Operational standards will also be established to maintain heating and cooling temperatures within base buildings. The base energy manager is tasked to enforce the temperature standards by performing unannounced inspections. This ensures the need for personnel comfort and the cost of utilities are equitably balanced.

The design and procurement of energy using systems require the most energy efficient systems available and the latest conservation objectives and strategies.

Laughlin is in the process of replacing the old systems with more efficient modern systems, which will save a considerable amount of energy, the captain said.

"If Team XL works together to conserve energy, we can easily exceed the 28 percent reduction goal for 2003 and be the best in AETC," he said. "Remember, if you are not using it, turn it off."

What are you going to do with your three-day weekend?



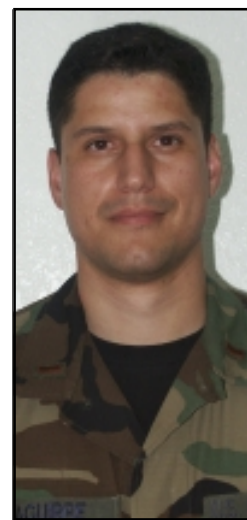
2nd Lt. Michael Cohen
47th Operations Support Squadron

"Do physical training and work on my tan."



2nd Lt. Demetrius Prado
Student pilot

"Go to Austin to party on Sixth Street."



2nd Lt. Enrique Aguirre
47th Operations Support Squadron

"Go home to visit my family."

Interested in the Air Force? Call Del Rio's Air Force recruiter at 774-0911.

Improper backpack use can cause back pain in children



Photo by Airman Yvonne Conde

Laughlin children board a bus going to school Thursday. Parents are encouraged to make sure their children do not overload their backpacks. Doing this can cause future back pain.

By Airman
Yvonne Conde

It's the time of the year for children to stuff their backpacks and rush off back to school.

Backpacks are usually the preferred method of carrying school supplies, but recent studies show that most school children exceed the safe backpack weight standard, and one-third of the students suffer from back pain.

Important tips to consider when using a backpack:

- Do not overload. Backpacks should not exceed 15 percent of the users body weight.
- Backpack should rest

comfortably on the shoulders and under the arms.

- It should sit on the hips and pelvic area.
- The backpack should fit the contour of the lower back.
- It should not be wider than the shoulders or longer than the area from the base of the neck to top of the hips.
- Use a backpack with wheels or a luggage cart or buy a backpack with wide padded shoulder straps and a waist belt to distribute weight to the pelvis and hips.
- Add padding to both shoulders, but if the user insists on using only one strap, switch shoulders often.
- Keep the weight of the backpack close to the body and arrange the heaviest

items closest to the back.

The following signals suggest improper backpack use:

- Red marks and creases on the shoulders
- Aching in the shoulders, neck or back
- Pain or tingling in the arms, wrists and hands
- Struggling to get the backpack on and off
- Noticeable imbalances in the posture of the child or an uneven walk.

A four step guide to backpack use is available on the Office of Safety and Environmental Health website (<http://www.uscg.mil/hq/g-w/g-wks/wksp.htm>).

For details, call Dr. Antonio Carvalhais at (202) 267-2244.



Photo by Airman Yvonne Conde

Desert flower

Rhonda Filasky, wife of Staff Sgt. Jason Filasky, tends to the flowers in her base housing yard Thursday. The Filasky family's yard was named the best-looking yard in enlisted housing for the month of August by the 47th Civil Engineer Squadron. First Lts. Ron and Paula Schoch won the mobile home category and 1st Lt. Jeffrey and Brenna Marshall got the recognition for their officer housing yard.

Chapel Schedule



Catholic

- Saturday* ● 5 p.m., Mass
Sunday ● 9:30 a.m., Mass
● 11 a.m., Little Rock Scripture Study in Chapel Fellowship Hall
Thursday ● 6 p.m., Choir
Tuesday-Friday ● 12:05 p.m., Mass
● 12:05 p.m. and 7 p.m., Holy Days of Obligation
Reconciliation ● Before Sunday Mass, Wednesday from 7 to 9 p.m. and by appointment
Religious Education ● 11 a.m. and noon Sunday

- Jewish ● Call Max Stool at 775-4519

- Muslim ● Call Mostafa Salama at 768-9200

Nondenominational

- Friday* ● 7 p.m., Unity in Community Services

Protestant

- Saturday* ● 6 p.m., Singles Bible study
Sunday ● 9:30 to 10:30 a.m., Sunday school for all ages in chapel annex
● 11 a.m., General worship
● 6 p.m., Officer Christian Fellowship, call 298-2238 for details.
Wednesday ● 7 p.m., Choir at chapel

For more information on chapel events and services, call 298-5111.

The *XL*er



Photo by Senior Airman Brad Pettit

2nd Lt. Lindsay Logsdon 47th Flying Training Wing protocol officer

Hometown: Colorado Springs, Colo.

Family: Husband, Travis

Time at Laughlin: 1 year, 1 month

Time in service: 1 year, 3 months

Greatest accomplishment: Graduating from college, getting my commission and getting married all within four days

Hobbies: Water skiing and camping

Bad habit: Eating an entire box of DOTS every time I go to the movies. It's an addiction.

Favorite film: *Ocean's Eleven*

Favorite musician: Celine Dion

If you could spend one hour with any person, who would it be and why? My grandmother, Joyce Lohse.



The Air Force
rewards
good ideas with
money.
Check out the
IDEA
Program data
system at
[https://
ideas.randolph.af.mil](https://ideas.randolph.af.mil),
or call 298-5236.

Heart rate monitors good exercise tools

By Hank Bowman
Laughlin exercise physiologist

We are all aware of the value of keeping ourselves healthy through regular exercise. It's the key to keeping our weight down, reducing the threat of heart disease and coping effectively with stress.

The majority of us also know the A.C.S.M. guidelines for exercise: 3-5 times a week, 30-60 minutes per workout, and it needs to be aerobic in nature (it must involve the major muscle groups and be rhythmic). But how hard do we need to exert ourselves to reach our fitness goals? Are we training too hard or not hard enough? To answer these questions, we need to explore the concept of target heart rate or training intensity.

Exercise should not be based on the distance traveled, the amount of time involved or the physical work load; it should be controlled by the degree of physical effort as measured by physiological signs. And the most accurate way to measure the physiological signs is a heart rate monitor. By using a heart rate monitor, the line between healthy exercise for weight management or aerobic fitness and risky stressful exercise is less likely to be crossed. Heart rate informs you of the many changes



Photo by Airman Yvonne Conde

2nd Lt. Matt Strohmeyer, student pilot, uses a target heart rate monitor at the XL Fitness Center Wednesday.

taking place within your body. It tells you how hard you are exercising, your state of emotions and how fast you are using energy. It pulls these physiological factors together, weighs them and comes up with a signal that reports your overall condition, i.e. heart rate.

Whatever type of exercise you like to engage in, your workout will be more effective if you maintain a certain pulse rate that is within your target heart rate zone. Check your heart rate periodically and adjust the intensity of your exercise level by manipulating the variables for each machine (exercise machines provide a very conservative estimate of your THR, i.e. they underestimate your proper THR zone for liability/safety factors) as needed to insure that your heart rate stays within the prescribed zone (ACSM

standards: 50 to 85 percent of max HR dependent upon current fitness level or ~135 to 175 beats per minute).

In many ways, training with a heart rate monitor is like having a portable full-time coach attached to your body. A heart rate monitor can take the guesswork out of training intensity and also serve as a motivator for those days you want to accurately evaluate and adjust your training regimen.

Finally, when you use a heart rate monitor, you have at your disposal a powerful tool for making your workouts more effective, time efficient, safer and equally important – much more fun. Heart rate monitors give you a physiological window, through accurate heart rate measurement, into your body's response to the moment-to-moment changes in your physical state.

Sportslines

Yoga classes

The health and wellness center is hosting weekly pre-natal yoga classes from noon to 1 p.m. Wednesdays in the HAWC classroom.

The classes will include a 10-minute introduction and warm up, 20-minute yoga/stretch, 15-minute strengthening/muscle toning and 15-minute relaxation techniques.

Classes are free. The instructor has certifications in pre-natal fitness, power stretch and yoga.

Participants should take comfortable clothing, a yoga mat, pillow and plenty of water to class.

For more information, call the HAWC at 298-6464.

Stay healthy – exercise!